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is getting the better of me, it feels like it's taking over my life. no one really

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knows how bad its gotten, and im afraid to tell them because its time to stop ...

anxiety and depression

How do I deal with my anxiety? I find that whenever something really upsets me I start hyperventilating and feel like I struggle to breathe. I don't know what to do about these panic attacks.

Too much anxiety

On Instagram, he wrote: "Today is a significant day for me because the one person I have entrusted my most valuable asset - my heart - to and who has never let me down is a year older ...

Oniru's confession

or Oh no, I'm going to end up with super-high levels of anxiety and I'm not going to be able to tolerate it! Anxiety Source: EamesBot/Shutterstock When Amelia describes her onrush of anxiety ...

How Anxiety Gets Out of Control

Anxiety disorders are among the most

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common mental health conditions worldwide. While they tend to affect women more than men, men are still widely affected. Due to differing social and biological ...

Anxiety in men: Fighting stereotypes

Michael Dowling is the CEO of Northwell Health, the largest health system in New York. Dowling is an influencer in the health care space, pioneering tech-forward approaches to managing health.

Confessions of a 'dangerous' health CEO

This is an example of retreating into what's called an anxiety cave. If you're not familiar with the term, an anxiety cave is a phrase used to describe retreat and isolation from social ...

What's An Anxiety Cave? A Therapist Explains

Second, as we pray, we actually transform our anxiety into prayer. Our

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fear is slowly swallowed up by faith. For me, this rarely happens instantly. But with perseverance, it comes to pass.

Praying out the anxiety

We might call the times we live in "The Second Age of Anxiety." Surveys and clinical data indicate the highest levels of anxiety since the postwar publication of W. H. Auden's famous poem "The ...

How to Regulate Anxiety

Nearly 103 million American adults will deal with a mental health issue like anxiety or depression throughout their lives, according to the National Institute of Mental Health (NIMH). T The ...

What's the Difference Between Anxiety and Depression?

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Can you live without anxiety?

If you are one of the many of us facing anxiety right now, you know this. Whether you struggle with "what if" type doubts or some other version of your mind's incessant nagging about all the tiny ...

The Unexpected Way Out of Anxiety

But the reality, as Smith has freely admitted, is that he's a 21-year-old who has struggled with mental health issues, in the form of anxiety ... put out his contrite confession, in concert ...

Smith tackles poor choices head-on with illicit substance confession

Millions of children live with anxiety. In fact, more than 9 percent of those aged 3 to 17 have been diagnosed with this condition. That means nearly 6 million children in America have (and live ...

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